

ABSTRACT OF THE DISCLOSURE

A shelf lift system includes a pair of support brackets fixed to sidewalls of a cabinet, each bracket having first and second pivots and a swing linkage having first and second bars coupled to the pivots. Shelf supports are coupled to the first and second bars to support a common shelf for movement between an upper position generally coplanar with the cabinet top surface and a lower position situated fully within the cabinet below the top surface. An adjustment plate adjusts the force applied by a biasing member. A latch coupled to each shelf support engages a latch pin coupled to one of the first and seconds bars when the shelf is in the upper position. A latch release lever releases the latch to allow the shelf to move to the lower position. A cushion is fixed to the support bracket at a position to intercept a stop contact portion near the end of one of the bars when the shelf support moves to the lower position.